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## Form in a Proper Backhand in Tennis

A proper backhand in tennis is essential for a well-rounded game. Here are some key steps to help you perfect your backhand:

### ### Grip

1. **\*\*Eastern Backhand Grip\*\***: Hold the racket with your dominant hand, placing the base knuckle of your index finger on the top bevel of the racket handle.
2. **\*\*Two-Handed Backhand\*\***: For a two-handed backhand, place your non-dominant hand above

your dominant hand on the handle, using an Eastern or Continental grip.

### ### Stance

1. **\*\*Ready Position\*\***: Stand with your feet shoulder-width apart, knees slightly bent, and weight on the balls of your feet.
2. **\*\*Turn and Step\*\***: As the ball approaches, turn your shoulders and hips sideways to the net. Step forward with your front foot (left foot for right-handers, right foot for left-handers).

### ### Swing

1. **\*\*Backswing\*\***: Bring the racket back with both hands (for a two-handed backhand) or with your dominant hand (for a one-handed backhand). Keep the racket head up and your eyes on the ball.

2. **\*\*Contact Point\*\***: Swing the racket forward, making contact with the ball in front of your body. For a one-handed backhand, extend your arm fully. For a two-handed backhand, keep both hands on the racket and use your non-dominant hand to guide the swing.

3. **\*\*Follow Through\*\***: Continue the swing across your body, finishing with the racket over your shoulder. Your body should naturally rotate, and your weight should shift to your front foot.

### ### Tips

- **\*\*Stay Relaxed\*\***: Keep your grip and body relaxed to generate more power and control.
- **\*\*Footwork\*\***: Good footwork is crucial. Move quickly to position yourself correctly for the shot.
- **\*\*Practice\*\***: Consistent practice is key to developing a strong backhand. Focus on technique and gradually increase the intensity of your practice sessions.

By following these steps and practicing regularly, you'll improve your backhand and become a more versatile player on the court.